**Effects of Living with Addiction Questionnaire**

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| **Behavior** | **Identification Question** |
| **ANGER** |
| * Getting into screaming matches
* Being short tempered
* Having aggressive outbursts
* Becoming violent
* Throwing things
* Picking fights
 | * Do I feel like I am beginning to lose it?
* Is my anger turning to rage?
* Do I have angry outbursts with people who don’t deserve it?
* Is my tendency to become violent scaring myself or others?
* Am I involved in risk taking behavior (e.g., driving carelessly, getting involved in an affair, gambling)?
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| **FEAR/WORRY** |
| * “Walking on egg shells”
* Being on edge
* Sensing something bad is going to happen
* Blaming yourself for the behavior of others
 | * Am I having trouble sleeping?
* Am I having frequent headaches?
* Is my stomach frequently in knots?
* Am I starting to over-spend or over-eat?
* Do I wake up with my pulse racing and/or a feeling of dread?
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| **CONTROLLING/NAGGING** |
| * Making threats
* Becoming increasingly controlling
* Not wanting to let the person out of sight
* Frequently complaining about others’ behaviors
* Feeling that you are always right
 | * Am I nervous most of the time?
* Do I have trouble relaxing?
* Am I more critical of others than I used to be?
* Am I tired a lot?
* Am I feeling lonely?
* Do my thoughts shift from preoccupation with the problem to completely wanting to give up?
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| **AVOIDANCE** |
| * Becoming increasingly isolated from family and friends
* Not going out
* Feeling increasingly uncomfortable in social situations
* Not wanting to go to work
 | * Do I doubt myself?
* Do I worry what others think of me and my family situation?
* Am I spending a lot of time alone? On the internet?
* Am I developing anxiety symptoms?
* Has someone suggested I may be depressed?
* Am I starting to drink more than usual, take sleeping pills or medication for anxiety?
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| **DENIAL** |
| * Not believing that an addiction might be the problem
 | * Do I find myself covering up the truth when I know it is a lie?
* Have I begun to have vague physical symptoms that cannot be medically diagnosed?
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